

Learning to dance is a great way to get in shape, stay fit and build confidence. Dancing for social pleasure has been found to reduce stress, improve strength, improve muscle tone and increase cardiovascular endurance. An hour of social dancing is equivalent to walking approximately five miles! Sign up for one of James City County's dance classes now to begin reaping the benefits available through dance!

Magic Carpet Mornings

(ages 7-12)

Introducing our first bellydance classes for young ladies! Join us as we take a magical journey into the world of creative movement through bellydance. Enjoy instruction and games that will teach you steps and combinations as you learn to dance! Open to all levels; no previous dance experience necessary. JCWCC
Sat 7/7-7/21 10:30-11:30am \$20/\$15 307543-A
Sat 8/11-8/25 10:30-11:30am \$20/\$15 308543-A

Bellydance FUNDamentals

(ages 13+)

Ever thought about learning to bellydance, but don't know where to start? Join us as we explore the techniques and concepts of bellydance. In each session we'll learn a new set of FUNDamentals that work together to create this unique style of dance! No previous dance experience required. Instructor: Mariellynn Maurer. JCWCC
M 3/5-3/26 7-8pm \$30/\$25 303540-A
M 4/2-4/23 7-8pm \$30/\$25 304540-A
M 4/30-5/21 7-8pm \$30/\$25 305540-A
M 6/4-6/25 7-8pm \$30/\$25 306540-A
M 7/9-7/30 7-8pm \$30/\$25 307540-A
M 8/6-8/27 7-8pm \$30/\$25 308540-A
M 9/10-10/1 7-8pm \$30/\$25 309540-A

Beyond Beginners Bellydance!

(ages 13+)

Time to put those bellydance steps you've learned to good use! Join us as we work our way through a new choreography in each session! Some classes will require veils or zills and they'll be available to borrow or purchase (additional fee). Instructor: Mariellynn Maurer. JCWCC
Th 3/8-4/12 6:30-7:30pm \$40/\$35 303541-B
Th 4/19-5/24 6:30-7:30pm \$40/\$35 304541-B
Th 6/7-7/12 6:30-7:30pm \$40/\$35 306541-B
Th 8/9-9/13 6:30-7:30pm \$40/\$35 308541-B
Th 9/20-10/25 6:30-7:30pm \$40/\$35 310541-B

Shimmy Shakedown

(ages 13+)

Looking to dust off your shimmy? Never danced in a group format before? This class will form combinations from various bellydance steps to get you moving and will also feature fitness elements necessary for a dancer. Come and join us for a unique dance fitness workout! Instructor: Mariellynn Maurer. JCWCC
Th 3/8-3/29 5:30-6:30pm \$30/\$25 303541-A
Th 4/5-4/26 5:30-6:30pm \$30/\$25 304541-A
Th 5/3-5/24 5:30-6:30pm \$30/\$25 305541-A
Th 6/7-6/28 5:30-6:30pm \$30/\$25 306541-A
Th 7/12-8/2 5:30-6:30pm \$30/\$25 307541-A
Th 8/9-8/30 5:30-6:30pm \$30/\$25 308541-A
Th 9/6-9/27 5:30-6:30pm \$30/\$25 309541-A

Bellydance Social

(ages 13+)

Our monthly open floor dance time allows the chance to get your shimmy on, dancing with and for other students in a supportive, encouraging, and friendly atmosphere. Put your skills to use, come on out and enjoy an evening of bellydancing! Instructor: Mariellynn Maurer. JCWCC
F 3/30 6-7:30pm \$10/\$5 303542-A
F 4/20 6-7:30pm \$10/\$5 304542-A
F 5/18 6-7:30pm \$10/\$5 305542-A
F 6/15 6-7:30pm \$10/\$5 306542-A
F 7/20 6-7:30pm \$10/\$5 307542-A
F 8/17 6-7:30pm \$10/\$5 308542-A
F 9/21 6-7:30pm \$10/\$5 309542-A

Unique Layers Bellydance

Workshop (ages 13+)

Come explore the world of tribal fusion bellydance. We'll layer upper body and lower body movements over basic foot patterns and turns to create unique layers and combinations. No experience needed. Wear comfortable workout clothes. JCWCC
Sat 3/31 1-4pm \$25/\$20 303540-B

Introduction to the Waltz

(ages 16+)

The tempo of the Waltz is slow and the steps are simple. Learn five basic Waltz steps and their use in a social dance setting. Instructor: Barry Koffroth. JCWCC
T 4/3-5/8 6:30-7:30pm \$35/\$30 304571-A
T 6/12-7/24* 6:30-7:30pm \$35/\$30 306571-A
*no class 7/3

Introduction to the Foxtrot

(ages 16+)

This fun Ballroom dance can be done to a wide variety of slow to moderate tempo music. Learn five basic Foxtrot steps and how to combine them. Instructor: Barry Koffroth. JCWCC
T 4/3-5/8 7:45-8:45pm \$35/\$30 304572-A
T 6/12-7/24* 7:45-8:45pm \$35/\$30 306572-A
*no class 7/3

Introduction to Cha-Cha-Cha

(ages 16+)

This fun and popular dance is done to a moderate to fast tempo Latin music. The Cha-Cha-Cha is simple to learn and will get your blood pumping, your hips moving and put a smile on your face. Learn five basic Cha-Cha-Cha steps. Instructor: Barry Koffroth. JCWCC
W 4/4-5/9 7-8pm \$35/\$30 304573-A
W 6/13-7/11* 7-8pm \$35/\$30 306573-A
*no class 7/4

Hustle & Meringue

(ages 16+)

The Hustle is easy, looks great, and can be done to today's contemporary music. The Meringue is a simple and fun to learn dance done to moderate to fast Latin tempo music. Instructor: Barry Koffroth. JCWCC
W 4/4-5/9 8-9pm \$35/\$30 304574-A
W 6/13-7/11* 8-9pm \$35/\$30 306574-A
*no class 7/4